

# **AID LIFE**

**ASK** – Do not be afraid to ask -----

Are you thinking about hurting yourself?  
Are you thinking about Suicide?

**INTERVENE** – NOW! Take Immediate Action!

**DON'T** – Do not keep a Deadly Secret!

**LOCATE HELP** – Contact Watch/Duty,  
Medical, Chaplain,  
Command, Hospital

**INFORM** – Chain of Command

**FIND** – Someone to be with the person—  
Do not leave the individual alone!

**EXPEDITE** – Get help NOW! A suicidal person  
Needs Immediate Assistance!

**Taking Action --- Saving Lives**